TAKE CHARGE OF YOUR HEALTH

YOUR PERSONAL HEALTH MANUAL

FREQUENTLY ASKED QUESTIONS

Want a quick overview of our upcoming wellness incentive challenge? All the information you'll need to be successful is included here.

WHO is the campaign designed for?
Medical self-care is vital for everyone to practice. The benefits extend from the individual to the entire health care system. Medical self-care promotes self-knowledge and decision-making skills to improve one's health and the quality of care they receive. As such, this challenge is suitable — and important — for everyone.

WHAT is the campaign goal?
The goal of every wellness incentive challenge is to provide you with the tools to make meaningful and healthful lifestyle changes. This challenge focuses on helping participants develop a personal health manual. The manual is easy to assemble and is designed to help the individual and health care provider improve health and health care.

WHEN and WHERE do I complete activities?
The challenge is focused on collecting personal health information. As such, a vast majority of the activities will be completed outside the workplace.

WHY is it important that I participate?
Just as we have a manual to ensure that everything from our cars to our toasters are operating at optimum efficiency, we need to maintain a manual to be aware of our own health. Not only does a well-developed and maintained manual improve your knowledge about your own health, but it also promotes efficiency in the health care system.

HOW will my progress be tracked?
You will collect and record information in eight different categories over the course of eight weeks. You will keep your Take Charge Manual at the end of the challenge and return **ONLY** the Take Charge Checklist — which keeps track of the sections you've completed — to the challenge coordinator at the end of 4 weeks. **The information in your Take Charge manual will not be submitted.**

For More Information

Contact Employee Wellness at wellness@pima.gov or call 724-8114.